

carelink  
carenow

Your partners in health



# Carelink CareNow is your personal team of health experts

## *Free care coordination program*

- Offered to State of Delaware members enrolled in the Aetna HMO Plan, as part of the the DelaWELL Health Management Program



# Carelink CareNow is your personal team of health experts

**We partner with you and your doctor to make it easier for you to take care of yourself and stay well.**

Carelink CareNow team:

- Nurse care coordinators
- Pharmacists
- Respiratory Therapists
- Social workers
- Medical Directors

**They are available to answer your questions, and guide you through any doctor visit or hospital stay, and help you with other health care needs.**



# The Carelink CareNow team will:

- Help you to eat better, be more active, lose weight, manage stress and quit tobacco.
- Help coordinate your medical care with your doctors.
- Answer any questions about your medical condition, the medicine you should take, and the lab tests your doctor ordered for you.
- Help connect you with any community resources you need, such as transportation and food, etc.
- Support you and help you to keep track of your health.



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# A new diagnosis of diabetes



**Extremely high blood sugar levels**

**Referred by primary care physician**

**Carelink CareNow nurse reached out over 3 months  
with intensive education about**

- healthy diet & recipes**
- insulin use**

**Within 3 months, his sugars were in much better  
control**

# Managing blood pressure

**This patient drove herself to the emergency department again this weekend seeking help for complications from her high blood pressure.**

**Her Carelink CareNow nurse sent a real-time alert to her primary care physician, launching a proactive plan to more effectively manage her condition and avoid future emergency visits.**



# Getting medications, getting healthy

**A Carelink CareNow pharmacist discovered that this gentleman never filled his last prescription for his medication.**

**With one phone call, she discovered that his car was in the shop and he had no way of getting to the pharmacy.**

**She helped get him his medications from a pharmacy that delivers, and worked with his doctor to teach him new ways to more effectively manage his condition through medication, diet and exercise.**





# Carelink CareNow Helps New Mom Through Pregnancy



*Lauren Gebhart and Nathaniel*

**Guidance through complicated pregnancy.**

**Experienced Labor and Delivery nurses are respectful, caring, expert sources of information and compassion**





**Your Carelink CareNow team will provide you with the tools, knowledge and support you need to reach your health goals.**

**It is enormously reassuring and brings peace of mind knowing that you have a health care advisor (health coach) just a phone call away. Call 1-844-227-3565 today.**

